

UHSAA Track & Field State Qualifying Standards 2026

Girls' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	12.71	12.80	12.90	13.19	13.42	13.94
200 M. Dash	25.96	26.11	26.13	26.91	27.66	28.74
400 M. Dash	59.47	59.08	59.93	1:01.66	1:02.77	1:07.17
800 M. Run	2:17.88	2:19.07	2:21.68	2:27.60	2:31.38	2:40.91
1600 M. Run	5:06.02	5:09.15	5:18.09	5:29.68	5:41.03	6:01.56
3200 M. Run	11:10.70	11:12.50	11:28.70	12:02.28	12:30.00	13:22.86
100 M. Hurdles	16.04	16.18	16.08	16.68	17.41	18.76
300 M. Hurdles	46.63	47.08	46.63	49.22	50.05	53.38
High Jump	5-ft. 00-in.	5-ft. 00-in.	4-ft. 11-in.	4-ft. 11-in.	4-ft. 10-in.	4-ft. 08-in.
Long Jump	16-ft. 04-in.	16-ft. 06-in.	16-ft. 03-in.	15-ft. 09-in.	15-ft. 06-in.	14-ft. 04-in.
Pole Vault	9'09-ft. 00-in.	7-ft. 09-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.
Shot Put	34-ft.01-in.	34-ft.04-in.	34-ft.00-in.	31-ft.11-in.	30-ft.06-in.	30-ft.04-in.
Discus	105-ft. 08-in	105-ft. 02-in	102-ft. 06-in	97-ft. 01-in.	91-ft. 07-in.	89-ft. 03-in.
Javelin	100-ft. 00-in.	103-ft. 03-in.	105-ft. 04-in.	99-ft. 09-in.	98-ft. 09-in.	95-ft. 00-in.
4x100 M. Relay	50.28	50.99	50.90	52.63	54.44	57.79
4x200m Relay	1:46.67	1:47.52	1:48.58			
4x400 M. Relay	4:05.90	4:07.89	4:09.20	4:19.41	4:36.18	5:01.01
4x800m Relay	9:50.40	9:52.88	10:11.86			
Medley Relay				4:36.08	4:46.88	5:11.32

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Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.05	11.17	11.25	11.38	11.72	11.94
200 M. Dash	22.46	22.42	22.83	23.10	23.86	23.22
400 M. Dash	50.08	50.19	51.01	51.45	52.95	54.50
800 M. Run	1:56.05	1:56.57	1:58.55	2:02.66	2:05.51	2:10.43
1600 M. Run	4:17.23	4:19.22	4:27.97	4:34.18	4:43.96	4:58.24
3200 M. Run	9:21.31	9:30.07	9:44.18	10:00.81	10:29.98	11:09.63
110 M. Hurdles	15.69	15.81	15.77	16.58	17.30	18.29
300 M. Hurdles	40.52	41.28	40.66	42.43	44.11	45.45
High Jump	6-ft 01-in.	6-ft 01-in.	6-ft 01-in.	5-ft. 11-in.	5-ft. 10-in.	5-ft. 07-in.
Long Jump	20-ft. 10-in.	20-ft. 07-in.	20-ft. 06-in.	20-ft. 01-in.	19-ft. 06-in.	18-ft. 10-in.
Pole Vault	12-ft. 06-in.	11-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
Shot Put	48-ft. 07-in.	46-ft. 03-in.	45-ft. 09-in.	42-ft. 10-in.	40-ft. 11-in.	39-ft. 02-in.
Discus	140-ft. 07-in.	133-ft. 04-in.	131-ft. 01-in.	126-ft. 07-in.	116-ft. 00-in.	110-ft. 02-in.
Javelin	156-ft. 01-in.	153-ft. 08-in.	152-ft. 08-in.	149-ft. 07-in.	139-ft. 00-in.	133-ft. 06-in.
4x100 M. Relay	43.42	43.94	44.15	45.15	46.71	49.95
4x200m Relay	1:30.64	1:32.17	1:32.91			
4x400 M. Relay	3:25.51	3:29.29	3:30.38	3:37.15	3:43.39	4:04.18
Medley Relay				3:48.93	3:55.85	4:12.56
4x800m Relay	8:09.83	8:12.17	8:26.13			